

ABSTRACT

Methods and compositions are directed to a dietary supplement comprising boron that is an a complex with a carbohydrate, wherein administration of the complex increases steroid levels, and particularly 25-hydroxy vitamin D3. Thus, contemplated compositions are useful for
5 treatment of impaired steroid homeostasis, and especially beneficial for prevention and/or treatment of bone density loss. Particularly preferred compositions further include calcium, magnesium, and/or vitamin D in a nutritionally acceptable form.